**Scholarly Writing Resources**

The article used for this assignment has been posted below. According to Canal-Rivero et al. (2022), using statistical analysis, a study involving 209 participants with First Episode Psychosis (FEP) found that having insight into one's mental illness at the start of the study was a strong predictor of good functioning over the long term. In addition, maintaining or improving insight over time was associated with better interpersonal functioning. The study also found that insight tends to be a stable trait, but some people with FEP did experience changes in insight throughout the study. The results suggest that early intervention programs that help people with FEP develop insight into their condition may positively impact their long-term functioning.

The database I used to search for the article was found by first accessing my student portal and utilizing the Walden University online library A-Z Guide for nursing database. Here students can use the shortcut provided. Several peer-reviewed journal articles and resources are available to students. I used the APA PsycInfo database to search for my chosen peer-reviewed article. I did not experience difficulties searching for this article as I found the database easy to navigate.

I recommend this database to my colleagues as I find it beneficial for several reasons. First and foremost, by using the provided databases through Walden University's library, my colleagues and I can ensure that we will be using reliable resources that have been peer-reviewed. Doing so ensures our research's quality, validity, and accuracy. Also, by using these databases, we can critically assess the quality and relevance of research and consider how it might apply to our work. This can help us to become more informed, evidence-based practitioners and researchers

**References**

Canal-Rivero, M., Ayesa-Arriola, R., Ruiz-Veguilla, M., Ortiz-García de la Foz, V., Labad, J., & Crespo-Facorro, B. (2022). Insight trajectories and their impact on psychosocial functioning: A 10-year follow-up study in first episode psychosis patients. Journal of Psychopathology and Clinical Science, 131(7), 808–816. https://doi.org/10.1037/abn0000776.supp (Supplemental)

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